# metro

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Tuesday, July 12, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

## KIM KARDASHIAN MADE WHAT??

You'll never guess the star's app payday. 14

Preventing gun deaths one lock at a time. 2

Our top 10 PokeStops in Philly. 15


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# ARE YOU NOT ENTERTAINED?

The Phillies exceeded expectations during the first half of the season and have, if nothing else, been a lot of fun to watch. 22

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# 3 THINGS YOU NEED TO KNOW

## BRITAIN'S NEW PRIME MINISTER WILL BE THERESA MAY

Interior minister Theresa May will become Britain's prime minister, with the task of steering its withdrawal from the European Union, after rival Andrea Leadsom abruptly terminated her short-lived and disastrous leadership campaign. May, 59, will succeed David Cameron, who announced he was stepping down after Britons unexpectedly voted last month to quit the EU. Britain's planned withdrawal has weakened the 28-nation bloc, created huge uncertainty over trade and investment and shaken financial markets. May and Leadsom had been due to contest a ballot of grassroots Conservative party members, with the result to be declared by Sept. 9. But Leadsom unexpectedly quit on Monday. REUTERS

## EXPERTS WARN OF MORE SUPERBUG CASES IN COMING MONTHS

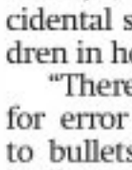
2 After two confirmed U.S. cases of a superbug that thwarts a last-resort antibiotic, infectious disease experts say they expect more cases in coming months because the bacterial gene behind it is likely far more widespread than previously believed. Army scientists in May reported finding E. coli bacteria that harbor a gene which renders the antibiotic colistin useless. The gene, called mcr-1, was found in a urine sample of a Pennsylvania woman being treated for a urinary tract infection. On Monday, researchers confirmed preliminary findings that E. coli carrying the same mcr-1 gene were found in a stored bacterial sample of a New York patient who had been treated for an infection last year, as well as in patient samples from nine other countries. REUTERS

## POKEMON ADDS $7.5M TO NINTENDO MARKET VALUE IN TWO DAYS

3 Shares in Japan's Nintendo soared again on Monday, bringing market-value gains to $7.5 billion in just two days as investors cheered the runaway success of Pokemon GO, its first long-awaited venture in mobile gaming. The game, which marries a classic 20-year old franchise with augmented reality, allows players to walk around real-life neighborhoods while seeking virtual Pokemon game characters on their smartphone screens — a scavenger hunt that has earned enthusiastic early reviews. In the United States, by July 8 — two days after its release — it was installed on more than 5 percent of Android devices in the country, according to web analytics firm SimilarWeb. It is now on more Android phones than dating app Tinder and its rate of daily active users was neck and neck with social network Twitter. REUTERS

# One man's mission to prevent gun deaths — one lock at a time

Hospital trauma outreach coordinator giving away gun locks with no questions asked.



SAM NEWHOUSE
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Temple University Hospital Trauma Outreach Coordinator Scott Charles holds up the Project Childsafe gun lock in a room inside the Emergency Department, Philadelphia. CHARLES MOSTOLLER

In his own home, Scott Charles keeps his guns locked up all the time.

"It's one more layer of separation between my kids and my gun," Charles said. "People will say, 'It makes it harder for you to get to your gun when there's a bad guy.' Realistically, the likelihood that somebody is going to break into my house while its occupied are incredibly slim. But my kids are always in my house."

It's a decision Charles hopes more gun owners in Philadelphia, legal or not, will make.

Charles, the trauma outreach coordinator at Temple Hospital, is currently giving away free gun locks, no questions asked, to help stem the accidental shootings of children in homes with guns.

"There is no margin for error when it comes to bullets striking young bodies," Charles said.

Charles directs violence prevention and intervention programs at Temple. But he was deeply shook in April 2014, when a 2-year-old boy found a cocked, loaded gun under a bed in a Mantua home and accidentally fired the .357-caliber revolver at his 11-year-old sister, killing her.

"I started looking into how do regular folks get gun locks," Charles said, noting that some are given out through law enforcement. "The challenge, as you can imagine, is for people who are prohibited from owning guns and are going to be reluctant to go to a police station and say, 'Can I have a gun lock?'"

So Charles began acquiring gun locks himself. First he began distributing them at the hospital, then to acquaintances and colleagues. Then he started making the offer on social media to give them away to anyone.

"They would pull up into the parking lot into the circular driveway, and I would walk out and hand them gun locks," Charles recalled. "People from all walks of life, people who work for the city, people who may not work, were showing up. Somebody showed up and said there were people at her church that she wants to give these guns locks to."

So far he's gone through a couple hundred of the armored steel padlocks that can loop through the chamber of a handgun, effectively disarming it.

> *"I would really love this to be a city that would be able to brag, we've gone years without a child shooting him or herself."*
> Charles

Demand has gone up as more tragic encounters between children and unsecured firearms have taken place. Just weeks ago, a 4-year-old girl in North Philly accidentally killed herself after finding a gun. The girl's mother and her boyfriend are now both facing charges related to the girl's death.

These accidental deaths also led to a bill introduced in City Council by Darrell Clarke that would require all firearms in homes with children to be stored unloaded in locked storage units.

The gun locks have been donated to Charles by the National Shooting Sports Foundation, he said, but he's also hoping to get grants that will allow him to buy more.

"This is a threat that is constant. Many of these guns are unsecured," he said of guns around the city.

"I would really love this to be a city that would be able to brag, we've gone years without a child shooting him or herself."

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# Rally against police violence takes over Center City

Protesters in Center City ALEXIS SACHDEV

Showing Up for Racial Justice shuts down morning commutes into Philadelphia.

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More than 100 people marched through Philadelphia Monday to protest police violence, blocking major roadways in Center City during morning rush hour.

The local chapter of Showing Up for Racial Justice (SURJ) and protesters gathered at Dilworth Park around 8 a.m., where they declared outrage at last week's spate of police killings of black men.

"We are saddened and enraged that it's been another week of horrific police killings of black people in Baton Rouge, in Minneapolis, in Asheville," an activist said, referencing the deaths of Alton Sterling, Philando Castile and Jai Williams. "We know that you are beloved by your friends, families and communities, and that your lives matter."

"We have organized this event today as white Philadelphians because black lives matter. … We gather here as white Philadelphians because enough is enough: Stop the police killings of black people."

> *"We're gonna continue to show up in very public ways again and again until Mayor Kenney and this city decides to actually show how it cares about black lives."*
>
> Bartz

John Bergen, 24, helped orchestrate the rally. Raised in a "really, really white" community in Kansas, Bergen said he had never seen what police brutality looked like growing up. It wasn't until he left home to attend Oberlin College in Ohio that he witnessed a number of racist attacks on campus.

"White people, we didn't really know what to do beyond empathy. We were upset and we were angry as well, but often when push came to shove, white people didn't want to challenge administrators, and didn't want to challenge police," Bergan said.

"What brings me to doing SURJ work is the need for white people to understand how racism works, how we're privileged in society, how society is built to protect our lives and not other lives and also that we need to take leadership in this," he added, expressing the need for action within white communities to show solidarity with Black Lives Matter.

Citing Philadelphia's history of violence against black people, including Brandon Tate-Brown, 26, who was killed during a traffic stop in Mayfair on Dec. 15, 2014, and the 1985 MOVE bombing, the group called out the Philadelphia Police Department for its history of aggression against the black community.

They read the names of 40 people who had been killed by police officers

# Man with disability live-streams

Every weekend, scores of tourists climb the Art Museum's famed steps, reach the top and pump their fists à la Sylvester Stallone. You've probably seen this. Maybe you've even done it. But nobody has accomplished this 72-step feat like Steve Krause.

Krause, an Arizona-based "sit-down" comedian, was born with arthogyrposis, a rare disorder that limits the use of his legs and arms. On Sunday, Krause left his wheelchair at the bottom and climbed all 72 steps, and live-streamed

Steve Krause FACEBOOK

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throughout the United States through use of lethal force, including Sterling, Castile, Williams, Brown and Delrawn Small.

The group, which began with about 20 demonstrators, then marched down Market Street, through 16th Street to Vine Street, then back to City Hall down Broad Street, bringing traffic at the Vine Street expressway and along arteries into Center City to a standstill.

More than 100 marchers gathered in the courtyard at City Hall, demanding action from Mayor Jim Kenney, chanting "Jim Kenney take a stand, we know blood is on your hands."

"We close our action today at the footsteps of Mayor Kenney's office," said demonstrator Morgan Bartz. "We end our action today letting Mayor Kenney and city officials know that we'll be back."

"We're gonna continue to show up in very public ways again and again until Mayor Kenney and this city decides to actually show how it cares about black lives."

## Praying for change

Lisa Santer has been protesting since she was 19. Nearly 40 years later, she was on the front lines of Monday's march, carrying a sign that declared "WHITE SILENCE IS VIOLENCE #BLACKLIVES MATTER."

Santer, a Quaker, said she is acting on her faith by showing up at such protests. Her first demonstration was to protest the police killings of black men in her neighborhood.

"It's a painful week, the loss of life is awful," she said. "Perhaps, it's possible that this is the time when truth is coming to the surface so we can see it and address it. That's my prayer."

When asked if, after the shooting at a protest in Dallas that killed five police officers and injured two civilians, Santer feared for her safety during marches, she acknowleged that, though she's at risk, so are members of the black community.

"Every black person I know is at risk every day, is hurt by racism every day," Santer said. "I'm not that special."

# his 'Rocky' steps climb

the whole event on his Facebook page.

Just a day later, his video has been shared more than 200 times and has over 24,000 views.

In an interview with 12 Sports last month, Krause said he wouldn't let his disability define him.

"This chair doesn't define me, I define me. My heart and my mind and who I am defines me," he told the website.

"Each flight has different meanings," Krause said. "One flight is going to be depression, one flight is going to be suicide, one's going to be the pity I've gone through my entire life, and then that last step is my future. So when I leave my chair at the bottom of those stairs, and I look down on it, I know I've accomplished it. I know I can do anything."

See the video of the climb at **metro.us**

In an interview with Fox 10 Phoenix, Krause revealed he battled depression and alcoholism because of his disability, but is now a year and three months sober.

Krause trained for several months with a personal trainer to build the strength necessary to climb the steps with limited use of his arms and legs. He climbed for more than an hour, but reached the top amid cheers from onlookers.

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The dogs LISA PHILLIPS

# Canine survivors of West Virginia floods brought to Philly

The PSPCA will find homes for seven dogs rescued from aftermath of devastating storm.

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Seven dogs from overcrowded shelters in West Virginia are being brought to Philadelphia to find new homes through a partnership with the PSPCA.

The seven dogs were left homeless after intense flooding in West Virginia last month. The storm claimed the lives of two dozen people and damaged some 1,200 homes. But it also left behind many lost animals wandering without owners or homes.

"In addition to the human toll, the storm's aftermath has had a disastrous impact on the lives of animals, leaving overwhelming numbers displaced in animal shelters throughout the state," the PSPCA said Monday in an announcement of the partnership.

The American Humane Association has called upon animal-rights groups around the country to step up and help animals displaced by the storm find new homes.

## Want to adopt?

For information about adopting any of these dogs, please visit pspca.org or call 215-463-2320.

These dogs arrived at the PSPCA on July 9.

"When we have the opportunity to make an impact on an area in great distress, we take action," said Julie Klim, PSPCA interim CEO, in a statement. "With both people and animals in West Virginia struggling to survive and reclaim normalcy after a terrible natural disaster, anything we can to do relieve that burden, we will do."

The dogs coming to Philly are from the Kanawha Charleston Humane Association in Kanawha County, one of the state's most populous counties and one of those hardest hit by the storm.

These dogs will be held in quarantine for 14 days before being brought into the PSPCA's main shelter on Erie Avenue.

Volunteers and staff with the dogs who were displaced during flooding in West Virginia as they arrive at the PSPCA.) PSPCA

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# Dallas protesters embrace the force that took bullets for them

The city struggles to cope with the aftershocks of the deadliest day for law enforcement in America since the Sept. 11, 2001, al Qaeda attacks.

Dallas police detective Frederick Frazier strained to lift the dead weight of a fallen fellow officer from a hospital gurney and put him into a body bag. He pulled the zipper closed.

Frazier stared down, thinking — this man does exactly what I do; has a family just like mine. He's not going home.

Frederick was among about 100 officers who had seen all five fatally shot Dallas policemen arrive at the emergency room of Parkland Memorial Hospital near the Oak Lawn section of the city early on Friday morning.

Seven others, and two civilians, were wounded. They had all been shot on Thursday night by one brutally proficient shooter who police and protesters initially believed was a small army carrying out a choreographed assault. The shooter, in later conversations with police during a standoff, suggested he was avenging a spate of police shootings of black men.

A Blue Lives Matter movement has emerged in Dallas. It has been embraced by protesters who witnessed the slaughter of officers who had walked with them, taken selfies with them as they protested shootings by police nationwide.

A man walks by the scene of Thursday evening's shooting in downtown Dallas, Texas, on Monday. GETTY IMAGES

*"Individuals believe that, if you are one thing, you can't be another thing ... but standing for justice does not mean standing against all police officers."*

The Rev. Michael W. Waters

The attack on police complicates the already angst-ridden debate over officer-involved shootings. But many citizens, officers and officials of all political stripes here have so far responded by embracing one another, raising hopes for a softening of hardened positions and often vicious rhetoric.

"We are a polarized people," said the Rev. Michael W. Waters from the pulpit on Sunday at Joy Tabernacle A.M.E. Church in Cedar Crest neighborhood, south of downtown Dallas.

Dallas now finds itself at the center of a tense national debate about whether police are the problem or solution, victimizers or victims. The city would seem to be an unlikely target for retaliation against police shootings, given that its officers have not shot a single suspect — of any race — so far this year, compared with 23 such incidents in the whole of 2012.

The decrease follows an intensive effort to train officers in the appropriate use of force.

Violent crime in Dallas has been slashed by nearly half between 2003 and last year, when there were 9,038 violent crime incidents, according to Dallas Police Department and Federal Bureau of Investigation records.

Still, the department — along with the city of Dallas and much of Texas — struggles to overcome a history of racial strife.

REUTERS

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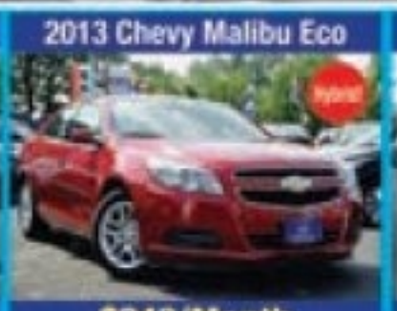

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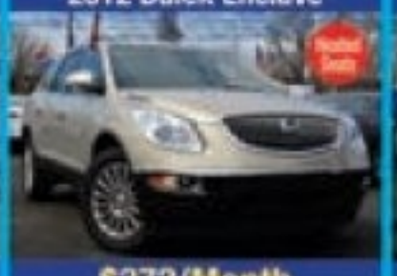

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# Relatives of Palestinian militant attack victims sue Facebook for $1B

The plaintiffs, relatives of four Israeli-U.S. dual nationals and one visiting U.S. citizen who died in attacks in Tel Aviv, Jerusalem or the occupied West Bank between 2014 and 2016, accused Facebook of helping Hamas militants operate.

A group of Israelis and Americans filed a lawsuit on Monday seeking $1 billion in damages from Facebook Inc. for allegedly facilitating deadly Palestinian militant attacks on their loved ones.

The lawsuit, filed in U.S. District Court for the Southern District of New York, argued that Facebook "knowingly provided material support and resources to Hamas … facilitat[ing] this terrorist group's ability to communicate, recruit members, plan and carry out attacks, and strike fear in its enemies."

The social media giant did not respond directly to the lawsuit but said it stood by its regulations for preventing abusive content and a company representative in Israel said the company wanted "people to feel safe" when using Facebook.

Facebook defends its regulations against online abuse. GETTY IMAGES

"There is no place for content encouraging violence, direct threats, terrorism or hate speech on Facebook. We have a set of Community Standards … and we urge people to use our reporting tools if they find content that they believe violates our standards so we can investigate and take swift action."

The private lawsuit follows censure from Israel's security minister over what he deemed Facebook's reluctance to help track potential Palestinian militants and curb incitement to violence.

Hamas formally claimed responsibility for one of the attacks cited in the lawsuit. The plaintiffs' Israeli lawyer, Nitsana Darshan-Leitner, said they had expert assessments linking Hamas to the other attacks.

Hamas is designated a terrorist organization by the United States. The lawsuit was brought under the 1992 Anti-Terrorism Act that prohibits American businesses from providing any material support, including services, to designated terrorist groups and their leaders.

Sami Abu Zuhri, a Hamas spokesman in Gaza, called the lawsuit an Israeli attempt to blackmail Facebook and accused Israel of trying to turn the social network into a spy tool against Palestinians.

He said some Israeli politicians and soldiers had "expressed pride at the killing of Palestinians" on Facebook and other social media. "The real test for the owners of Facebook is to reject this [Israeli] pressure," Abu Zuhri said.

Darshan-Leitner, of the Shurat HaDin-Israel Law Center, filed a class action suit in October for an injunction against Facebook to stop carrying alleged Palestinian incitement. She said proceedings were still under way in that case. REUTERS

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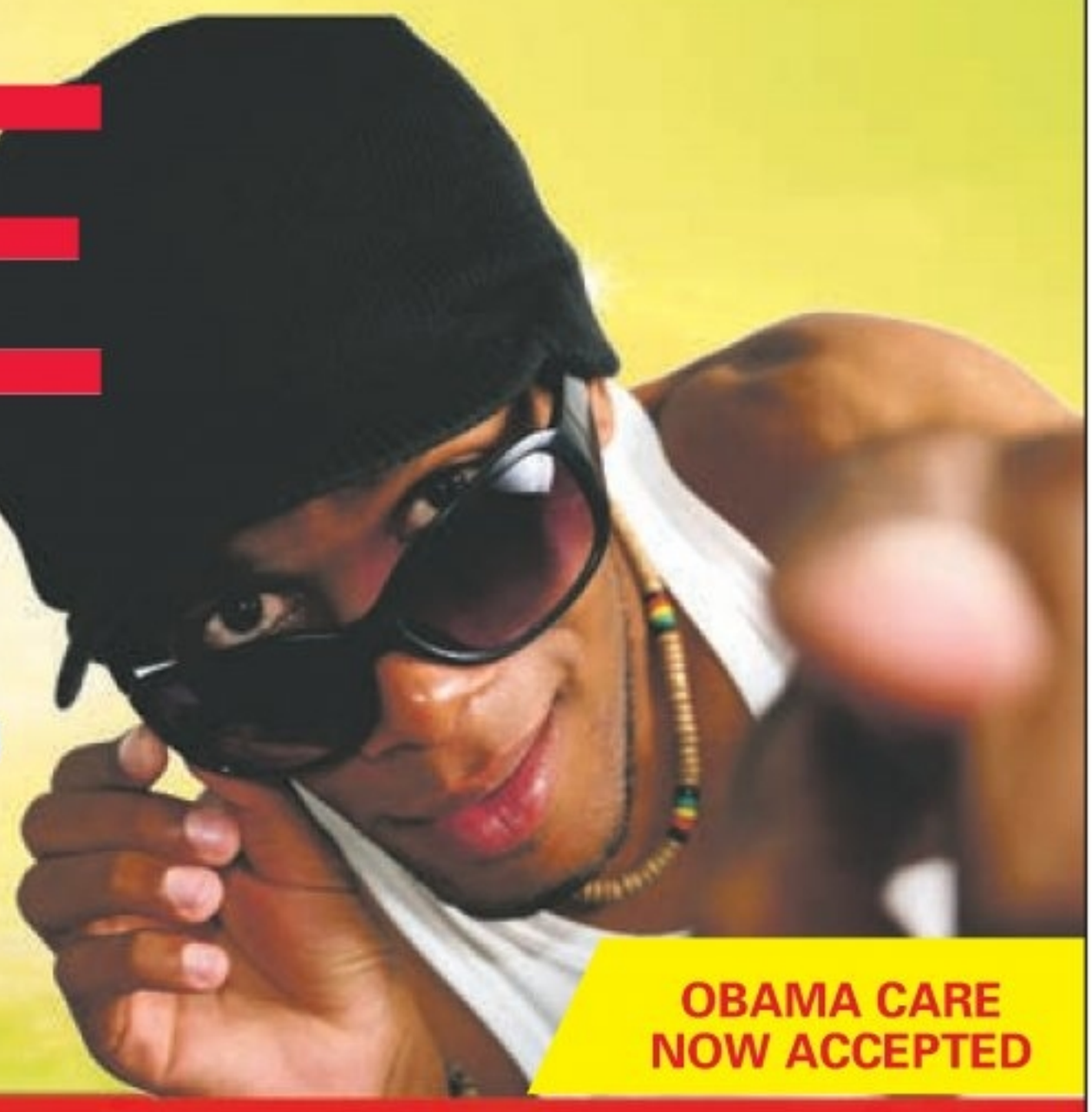

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# Trump, in response to Dallas, says he would be law-and-order president

Republican Donald Trump presented himself as "the law-and-order candidate" with a compassionate heart on Monday, positioning himself as strong on security in response to a wave of anxiety among Americans after the Dallas police shootings.

Trump's remarks in Virginia Beach, Virginia, showed how much the Dallas violence has shaken up the political conversation with both Trump, the presumptive Republican presidential nominee, and Democratic rival Hillary Clinton devoting time to the topic.

"We must maintain law and order at the highest level, or we will cease to have a country — 100 percent," Trump said. "I am the law-and-order candidate."

Trump's remarks about safety and security were added to a speech devoted to reforming the troubled Veterans Administration. He also presented himself as a compassionate candidate and mentioned the two episodes that preceded the Dallas shootings: the killing of two African-American men by police, one in Minnesota and the other in Louisiana.

"But you can't have true compassion without providing safety to the citizens of our country," Trump said. "Every kid in American should be able to securely walk the streets of their own neighborhood without harm.

"We will be tough, we will be smart, we will be fair and we will protect all Americans. Without safety we have nothing," he said.

Donald Trump GETTY IMAGES

In the final days of his search for a vice presidential running mate, Trump was introduced at the event by New Jersey Gov. Chris Christie, who is on Trump's short list for the job.

Christie showed himself capable of assuming the role of political attack dog, a job the vice presidential nominee usually assumes. He assailed President Barack Obama and Clinton. REUTERS

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# Two bailiffs, shooter, dead in shooting at Michigan courthouse

Two sheriff's deputies were shot and killed at a courthouse in St. Joseph in southwest Michigan, and the suspect in the shooting was also killed, Berrien County Sheriff Paul Bailey told reporters at a news conference.

Buildings in the area were put on lockdown after the shooting, according to media reports.

"MSP (Michigan State Police) has secured the scene at the Berrien County courthouse and started its investigation into the shooting that occurred this afternoon," Gov. Rick Snyder said in a tweet.

Chris Gautz, public information officer for the Michigan Department of Corrections, tweeted that all Department of Corrections staff are safe and accounted for.

A witness, Gretta Volkenstein, told CNN that buildings and government agencies in the area were all on lockdown. REUTERS

A video screen grab of the scene outside the courthouse in St. Joseph, Michigan. GRETTA VOGRETTA FACEBOOK

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# Kim Kardashian made a ton of money on mobile, and it's all your fault

ALL PHOTOS GETTY IMAGES

Kim Kardashian graced the cover of Forbes' new mobile moguls issue this month thanks to her social-media apps. The celebutante's stupidly addictive RPG game, Kim Kardashian: Hollywood, has raked in $160 million since its June 2014 inception, and Kim personally pocketed a cool $45 million of that. According to the pub, 40 percent of Kardashian's $51 million in 2015 earnings came from the game. Her other app, Kimoji — the one from which you can download custom "sticker" emojis that have been Kardashian-fied for $1.99 a pop — will presumably increase these numbers come time for 2016's list. Quartz says Kimoji will probably make $2.8 million this year.

Should this seem unbelievable to you, and it really shouldn't, let Kardashian remind you that she's no fool. She posted her Forbes cover Monday afternoon with the hashtag #NotBadForAGirlWithNoTalent — a shoutout to her illustrious list of haters (Barbara Walters, Jeremy Renner, Rebel Wilson, et. al.) — and told Forbes she's in the app game for the long haul: "I realized this is really going to be the next cycle of my career and this is what I want to focus on." Now we're just waiting on a Kardashian take on Pokemon Go.

# the word

# Kristen Stewart wants a female James Bond

Kristen Stewart thinks the "stale" role of James Bond could use a gender flip. While promoting her new indie film, "Equals," the "Twilight" star suggested a female Bond to replace Daniel Craig in the film series.

"You start off as the Bond girl and then you think it's just the girlfriend and then you're like, 'She's actually [Bond],'" she told E! News. Stewart thinks that the trailer should make you believe that Bond is a man and then pull a "bait and switch" in the actual film. Her "Equals" co-star Nicholas Hoult appears on the rumored list of potential Bonds, but told the E! he was "too young" for the role.

# Miley Cyrus shows love for her beau with new tattoo

If we didn't believe Miley Cyrus and Liam Hemsworth were madly in love, we guess we do now. The "We Can't Stop" singer went to visit tattoo artist Doctor Woo at the Shamrock Social Club in Hollywood this weekend and walked out with some new ink: a jar of Vegemite on her left arm, an Aussie favorite and supposedly Hemsworth's favorite as well.

Last month, Hemsworth spoke with Australia's Sunday Style about growing up eating Vegemite with his brothers Chris and Luke Hemsworth, saying that he "lived on it."

The couple had a split after being engaged in 2013, but are reportedly back together. They haven't publicly announced their re-engagement, but US Weekly claims they want to be married during the summer on the beach. Hopefully on the reception menu: Vegemite.

# Helen Mirren remembers that time she was accused of 'sluttish eroticism'

Who knew Academy Award-winning actress Helen Mirren was so fearless?

The 70-year-old star shared the time she was introduced as an example of "sluttish eroticism" on Michael Parkinson's show during her younger years. "It was one of the very first interviews I ever did," she told AOL's Makers series for MarieClaire.com. "I'm talking quite seriously about acting, but [Parkinson] had just decided to throw that mantle on me, I guess, and never actually listened to what I was actually saying. That was completely irrelevant."

But Mirren believes times have changed. "Any woman now is actually a feminist," she said. "They don't realize it because they're living in a world feminism has, to a certain extent, created for them. Which is very exciting, because it's entitled. That's what I love about them. They're entitled."

What a time to be alive.

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We have 10 PokeStops in Philly you can't miss at metro.us. GETTY IMAGES

# 10 PokeStops in Philly you need to know

We're here to help you catch 'em all!

MIKE FENN
@MetroPhilly
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Throughout the past week, chances are that your Facebook feed has been full of friends who suddenly became huge fans of Pokemon. This sudden interest in Nintendo's most popular property this side of Super Mario Bros. is due to the fact that Pokemon Go was released on July 6 for iOS and Android platforms.

In case you personally have yet to be sucked into the phenomenon, Pokemon Go is a free "augmented reality" game developed by Niantic exclusively for mobile devices. Your immediate physical location is transformed into your own little corner of the Pokemon Universe, complete with streets, rivers and other geographic features. Acting as a Pokemon trainer, your goal is to physically walk around and catch the adorable Pokemon monsters. Thanks to the game's unique layout, it is entirely possible to catch Bulbasaur, Zubat or even Pikachu in your own driveway or at the park.

In addition to the cute monsters, other landmarks in your neighborhood have also been designated as "PokeStops," where, if you are physically close enough, you can fill your virtual bag with Poke-Balls, revival potions, etc. So far, most PokeStops tend to be located at churches, post offices, parks, and other similar areas, effectively reviving interest in these places by Pokemon Go players — if only for an instant.

Philadelphia itself has no shortage of PokeStops — and they aren't just limited to its historical markers and places of worship. We've listed 10 of our top PokeStops to help you in your quest at metro.us. Can you catch 'em all?

Want to find out our 10 PokeStops? Read the full article at **metro.us**

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# Jemaine Clement walks with the giants

The actor talks about the movie version of "The BFG" and reading the Roald Dahl book as a kid.

MATT PRIGGE
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Jemaine Clement just reunited The Flight of the Conchords with Bret McKenzie. They're playing new shows for the first time in three years. But both have been busy. McKenzie won an Oscar for the song "Man or Muppet" from "The Muppets." And Clement worked with Steven Spielberg. In "The BFG," a partly computer-animated take on Roald Dahl's grim children's classic, he plays a belligerent giant who likes to eat children and bullies our hero: a slightly smaller colossus played by Mark Rylance. That forced Clement to create his performance via high-tech motion-capture.

Thanks to motion-capture technology, Jemaine Clement plays one of the brutish giants who terrorize our hero (played by Mark Rylance) in Steven Spielberg's "The BFG." STORYTELLER DISTRIBUTUION CO., LLC

**Roald Dahl has long been a childhood favorite. Did you read him growing up in New Zealand?**

Yeah. I particularly remembered "The BFG," because my teacher at primary school was really excited about that coming out. We read it the day after it was released. It was a big event in my classroom. We liked that Wellington [New Zealand, where Clement's from] was mentioned in the book. When the giants take children from there, they say they often taste like boots. [Wellington is shaped like a boot.] That made a huge impression. To have New Zealand mentioned at all was amazing. That part didn't make the movie, even though we tried mentioning it. I wish it had gotten in, but it didn't fit.

GETTY IMAGES

**Dahl's books are very dark, in their own silly way. Sometimes parents today are reluctant to let their kids read books filled with things like human-eating giants.**

It depends on what's going on in the world at the time. If they're not feeling very safe, to read something dark might make them feel depressed. But if you look at those old Brothers Grimm fairy tales, children were dying in them all the time. It's so scary. But that's what makes it exciting for a kid. They can feel the adrenaline just by hearing a story.

**Tell me about doing motion-capture, where the performance isn't recorded by a camera but by gadgets all over your body.**

It's strange at first, but you get used to it. It's more like being in a play than a movie. You don't have to think about hitting your marks, for instance. It's hard to get used to acting on camera when you start out. You have to always be in the right place so the camera shot is well-composed. Here, you could move how you felt, because the camera shot was composed after you've captured the footage. It feels very natural.

**Can you tell me about working with people as esteemed as Spielberg and Mark Rylance?**

Even now, especially now, I can't believe I was working with those two people. I was really nervous to be working with Steven. But he makes you feel really at ease immediately. He's a very kind person, very warm and open. He's like a kind dad.

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# Celebrate Bastille Day with the Fireman's Ball

Hosted by Chloe Johnston, the Bastille Day Fireman's Ball will take place at Local 22 in NoLibs. GETTY IMAGES

Are you a Philly-based Francophile looking for fun ways to celebrate Bastille Day? Then you should definitely pencil in the Bastille Day Fireman's Ball on July 12 — two days before the actual Le Quatorze Juillet. Hosted by lifestyle tourism and fashion entrepreneur Chloe Johnston, the event will take place at Local 22 Firefighters Union in Northern Liberties and benefit the Local 22 Firemen's Widows Fund.

The evening will feature tasty French cuisine, including crepes from the popular Philly food truck, The Smooth Cow, as well as delectable desserts from Brulee Bar. Oh and don't worry — there's an open beer and wine bar, too!

You'll need the liquid courage to take full advantage of the dance floor, with live music by Mr. Hollywood DJ.

Revelry aside, the Bastille Day Fireman's Ball is all about giving back to the families of deceased firefighters. President of Local 22, Andrew Thomas, explains: "We support our widows. A lot of them are on fixed incomes and it's not a lot of money."

He adds, "Any little bit we can give to help them, we do. It's a family, and we take care of our family. We want to keep in touch and we make sure they're OK."

According to Thomas, opening up the fire stations to the public on Bastille Day is a tradition in France. "They serve lunch but this is actually a union hall here, so we have a catering hall and are opening up our doors to anybody who wants to come and celebrate Bastille Day."

For more information on the Bastille Day Fireman's Ball, visit chloejohnston.com.

## If you go

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# We talk booty calls with Bill Bellamy

The comedian performs at Punchline Philly from July 14 to July 16.

JENNIFER LOGUE
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Bill Bellamy knows a thing or two about "booty calls" — the veteran comedian and former MTV VJ coined the term on live television during a standup routine. This week, he's back in Philly to give us a megadose of comic relief, performing three back-to-back nights at the newly opened Punchline Philly comedy club in Fishtown for his Ladies Night Out Tour. But for all the dudes out there — don't worry. Bill says you can come, too.

**So are you on tour right now?**
Yes, I have been all over the place. I'm getting excited about Philly. I love Philly. I got family there — my aunts and cousins.

**I didn't realize you had family in Philly.**
Yeah, my mom's sisters and my cousins. I used to come to Philly a lot as a kid. I love Philly.

**Do you have any favorite spots?**
I used to go down where they have the cheesesteak spot.

**Oh Pat's and Geno's?**
Yeah. Those are the ones I remember most. We used to go there and the line would be around the block.

**How do you get your cheesesteak?**
I like mine with peppers onions, ketchup and mushrooms. Let's go! [laughs]

**When was the last time you've been here?**
I was there two years ago. I played a different club — I think it was Helium. But this club is new and we got an all-star line up. I think we are going to have all of Philly down there.

**Live Nation has really gotten into comedy lately, which is great.**
Which is dope because people still like to laugh. That's one of those things you can't change. Music and people loving to laugh I think are American pastimes.

**What do you think accounts for the popularity recently in live comedy shows?**

Bill Bellamy performs at Punchline Comedy in Philly from July 14 to July 16. PROVIDED

One of the things that I feel is helping us is the internet because people are putting up such funny stuff now. Before we weren't doing it and now a lot of comics are posting stuff and engaging their audience. So now they can touch you everyday on the internet and then come see you live. I think that is big.

**Now this is something I did not know. You coined the term "booty call?"**
Yes, and everybody has been using it ever since!

**If you had a penny for every time someone said "booty call"...**
I hear it everyday. I hear it on the commercials... [laughs] Oh my God!

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# 5 Steps to a stronger core

Want a flat tummy for summer vacation? Listen up: Ngo Okafor shares his tips.

DMITRY BELYAEV
Metro World News
letters@metro.us

Although Ngo Okafor has two Golden Glove titles, a string of television gigs and a lucrative modeling career — even posing alongside Gisele Bundchen — his true passion lies in getting people motivated at the gym.

"My fitness career started because I wanted to do something with a little bit more substance. In modeling you don't really do anything," he says with a laugh. "After I started training a couple people, I learned that I also love teaching. Both my parents are teachers so I realized it's kinda genetic."

Those wanting washboard abs like Okafor's are in luck. When the renowned trainer isn't having one-on-one training sessions with clients at NYC's Clay health club, where he's a partner, he's teaching a RAKA class, a high-energy workout he created that blends boxing, strength training and cardio.

We spoke with the fitness guru to get his secrets to building a strong core, and why it's so important.

**Your boxing class, RAKA, reflects the rising fitness trend of boxing. Why is it such a great workout?**

Boxing is a good workout because it uses every muscle in your body and you lose body weight, so you don't have to worry about getting bulky. It's a cardio workout, it's a great strength workout, so you get the best of both worlds in boxing. Also, you get to relieve a lot of stress. You're throwing punches, you feel powerful, you're learning how to protect yourself, so you're fulfilling a primal need in all humans to be able to defend. All the while you're burning calories and building long, lean muscle.

**How do people benefit from working out the core?**

Most people sit all day for work, and what happens when you sit down is your core shuts down. They say sitting is the new smoking. I've had clients who came to me with back pain, so we focused on their core and it went away. If you're going on vacation and you want to look good, you've gotta do the abs. You get functionality, and looks. It's a win-win.

*Follow Ngo on Instagram and Twitter (@catchngo) for more fitspo and workouts.*

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## Okafor's five steps to a stronger core

First, work the belly by doing planks. You can do a full plank, on your elbows straight back to your toes. If the person can't do that, they can do it on their knees.

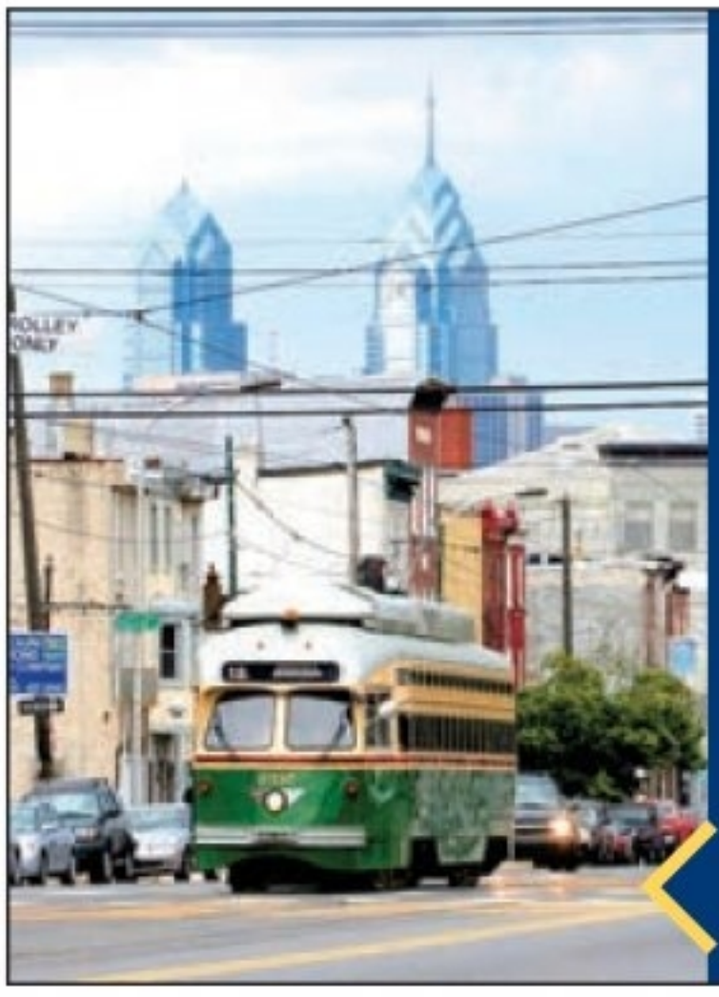
Second, you want to build your obliques, which are the muscles on the sides of your abs. You can do that with twisting exercises or side planks.

Third, you want to build muscle in the upper abs with sit-ups and with crunches. Focus on generating tension in your abs, not swinging your body back and forth.

Okafor
PROVIDED

Fourth, it's important to work your lower abs with flutter kicks or leg raises.

Finally, it's endurance. You can get that by doing either ab walk-outs (you stand up, then put your palms on the ground and you walk your hands out into a straight-arm plank position, then you walk your hands back toward your legs), or you can do mountain climbers (get in the straight-arm plank position and drive your knee to your elbow, alternating sides).



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# Eating pasta can help you lose weight

It's good news for pasta lovers as a new Italian study finds that pasta can help you lose weight.

Scientists at the Neuromed Institute in Pozzilli, Italy, discovered that pasta is not fattening and can reduce the likelihood of obesity.

The study of 23,000 people, published in the Nutrition & Diabetes journal, said that pasta consumption is associated with better weight management because it forms a part of the much-lauded Mediterranean diet.

"Results have shown that pasta is associated with a lower body mass index, a lower prevalence of obesity and a lower waist and hip circumference, when it is eaten according to an individual's caloric needs and in the context of a Mediterranean diet," Licia Iacoviello, head of the Laboratory of Molecular and Nutritional Epidemiology at the Neuromed Institute, explained.

Investigators tend to believe that those eating less pasta actually substitute it with less healthy foods. They hope people will abandon the concept of "low carbohydrate and high protein diet" and return to a Mediterranean one that has a "protective role against weight gain and obesity, as well as providing important health benefits against chronic diseases and related comorbidities."

Iacoviello added: "We will continue to analyze the association between the Mediterranean diet and its components with health status, metabolic features and diseases." DMITRY BELYAEV

# PHILLY'S BIGGEST SPORTS CREEP? THAT'S EASY, IT'S LENNY DYKSTRA

**GLEN MACNOW**

*OPINION*

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

You meet all types covering Philadelphia sports for three decades. The good news: Most turn out to be solid guys. Bernie Parent, Charles Barkley and Dale Murphy were superstars who treated the commonest of fans with the same respect as CEOs.

Reggie White, Cole Hamels, Connor Barwin, Charlie Manuel, John Leclair — all represented their teams with grace. All helped make this a better town.

The biggest creep? That's a short list: Lenny Dykstra.

I bring this up only because Dykstra is back, slimy as ever. The Dude has a new autobiography, "House of Nails," in which he regales his 1990s steroid use and brags of snorting cocaine with Robert De Niro. Dykstra also claims he hired private eyes to dig up dirt on umpires — and then blackmailed them for a more favorable strike zone.

The book will be No. 11 on next week's New York Times Best Seller list. It excuses away the downfall that left Dykstra broke and incarcerated as unjust persecution, without explaining why anyone wanted to persecute him.

A book tour last week brought Dykstra to New York and Philadelphia, the cities where he played. Radio interviewers chortled over "Lenny being Lenny" with his salacious stories, while their producers kept one finger poised over the dump button that erases obscenities.

A good portion of fans in both towns still adore the Dude. I get it. He was exciting — a tobacco-spitting, dirt-caked hustler. Dykstra's 1993 season was among the best in Phillies history, and he deserved that MVP over Barry Bonds.

But there always was that other side.

My personal experience with Lenny was trivial compared to the issues that put him in jail. We had no run in and I wasn't the victim. But I think it's a telling story.

In August 1993, the Philadelphia Inquirer sent me to Atlanta to help cover the Phils pennant drive. I was waiting outside the hotel when Dykstra suggested we share a taxi to the stadium. He even offered to pay.

An older cabbie stopped and was thrilled to see Dykstra climb in. The driver, a huge fan, explained that he kept a bat in his taxi, and asked any star player to add his signature. He planned to give it to his young grandson as a family heirloom. He handed the Louisville Slugger over the seat. We saw the names: Tony Gwynn, Andre Dawson, David Cone.

Dykstra took the bat and a Sharpie from the driver. He agreeably signed, and then flashed me a conspiratorial grin. As he handed it back over the seat, he showed me: Rather than his name, Lenny had written, "Suck a D—." The driver, not noticing, put his cherished bat back in a protective case, anticipating how much his grandson would appreciate it.

"We got him good, didn't we, dude?" Dykstra chortled to me as we left the cab. Like an idiot, I said nothing. All these years later, I still feel lousy about the incident.

But five minutes later, Dykstra had moved on to his next prank.

Lenny Dykstra was one of the most important cogs in the Phillies' high-powered 1993 offense. GETTY IMAGES

*"Dykstra also claims he hired private eyes to dig up dirt on umpires — and then blackmailed them for a more favorable strike zone."*

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# Phillies' superlatives at the All-Star break

These "awards" go to some of the Phillies who most impressed, disappointed or surprised us in the first half of the season.

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The Phillies offense was anemic and embarrassing in the spring. In the summer it's become fun to watch. GETTY IMAGES

**The biggest surprise**

## Cameron Rupp

In his first season as an everyday catcher, Rupp took the role and ran with it. He leads the team with 17 doubles, which is also a career-high, and is batting .287 with 26 RBI. He's just two more RBI shy of matching last season's total in which he played 81 games. The 27-year-old has delivered some big extra base hits, and he's quickly finding a place among the organization.

**The most entertaining player to watch**

## Odubel Herrera

If he was on another team, it may be easy to hate Herrera. His bat flips can be uncalled for, his disagreements with the umpire may seem childish and his flamboyant personality on the basepaths and in the field can rub you the wrong way; yet, Herrera is a Phillie, and the Philadelphia faithful have clung to him. He's backed up all of this, as well, being the lone representative for the Phillies in the All-Star game. Keep doing you, Odubel.

**The player who proved us wrong**

## Peter Bourjos

Who would have thought Bourjos would be batting .274 at the break after owning a .192 average as recent as June 11? The outfielder caught fire in mid-June and never cooled off. Since June 11, he is batting .385 with 16 runs. He wrapped up June with an astounding .410 average. He's not only proven himself as a potential trade chip at the deadline, he may very well have done enough to solidify a spot in the organization for a few more years to buy more time for the prospects.

**The pitcher with the best second-half upside**

## Jerad Eickhoff

The way he pitched down the stretch is a very promising sign. At one point he boasted a 2-7 record, but he wound up going 4-3 to finish out the second half. More impressively, he had a 2.23 ERA in six June starts after entering the month with an ERA over 4.00. His most recent start left a sour taste in his mouth, but that doesn't take away from the optimism surrounding the righty.

**The hitter most likely to have a big second half**

## Maikel Franco

Did you see that 471-foot homer at Coors Field on Sunday? Franco may have batted just .232 in May and June, but he came out swinging in July to the tune of a .450 average in just 10 games. He also hit five home runs, the same amount he had in 24 games the month before. The third baseman seems all but a lock to keep his bat going into the backend of the summer.

**The player we can pull for in the second half**

## Ryan Howard

Take it in, Phillies fans. This will most likely be the final stretch of games in red and white pinstripes for Howard. His time in Philadelphia may have ended poorly, but his prime years were awe inspiring.

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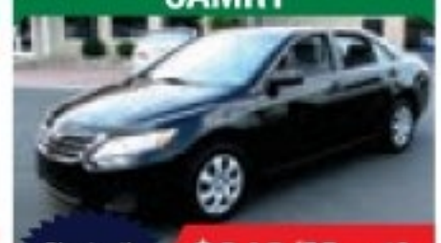
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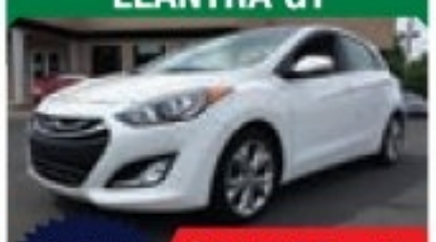
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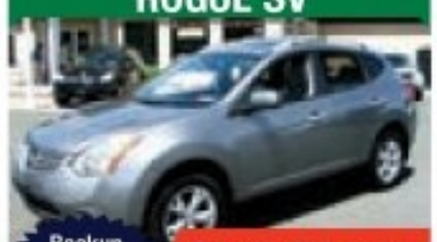
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Timothe Luwawu-Cabarrot has been one of the better performers in Summer League thus far. GETTY IMAGES

# 76ers hope to (finally) find success with foreign-born players

The Sixers have a track record of missing out on the best foreign-born basketball players.

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Through their history, the 76ers don't have the greatest track record with foreign players.

Actually, it's pretty poor.

Before looking back at some missteps, let's give the Sixers credit for leaping forward and selecting two foreign players at Nos. 24 and 26 in the recently-held NBA Draft.

They took 21-year-old French forward Timothe Luwawu-Cabarrot at No. 24.

Then they surprised many by drafting Turkish shooting guard Furkan Korkmaz at No. 26. Korkmaz is a teammate of former Sixers first-round pick Dario Saric, who could join the organization this season.

"It's a global game," Sixers President of Basketball Operations Bryan Colangelo told reporters. "NBA teams have kind of scoured the globe, pulled a lot of players out of Europe, Eastern Europe, different parts of the world. It just shows you how the game has grown, how the game itself is being taught better in other parts of the world."

It's refreshing to hear the current regime discuss the global impact of basketball. The Sixers have clearly been behind the rest of the league in terms of identifying players and then selecting or acquiring them. Sure, they've done their due diligence with scouting, but the results haven't been evident here like they've been throughout the league.

Whether Luwawu-Cabarrot and Korkmaz develop is anybody's guess, but for the Sixers to take both players with first-round picks at least shows that the potential is there. It's worth the risk. And it could pay off in a big way.

Going back to 1998, the Sixers drafted Larry Hughes from Saint Louis with the No. 8 overall pick.

No. 9?

Well, that was a player named Dirk Nowitzki, who was drafted by the Milwaukee Bucks and traded to the Dallas Mavericks, That pick worked out pretty well, huh?

Then in the 2000 draft, the Sixers held the No. 20 overall selection. There was a player named Hedo Turkoglu from Istanbul, Turkey, on the board. Turkoglu, who turned into a solid NBA player, was plucked by the Sacramento Kings at No. 16. At No. 20, the Sixers took Hofstra guard Speedy Claxton.

In '02, the Sixers drafted Jiri Welsch of the Czech Republic with the No. 16 overall pick. Not a good move.

There have been other foreign players taken by the Sixers such as Petteri Koponen and Kyrylo Fesenko. Not exactly Hall of Famers.

Oh, and there's Efthimios Rentzias, who was a standout in Greece and a former first-round pick of the Denver Nuggets. The Sixers acquired him in '02 and he played all of 35 games. Then he was history.

None of this is an exact science. But the past is murky.

Give Colangelo credit for enhancing the European scouting department and changing direction with regards to the draft.

He's right — it is a global game. The Sixers will be better off in the long run.

"We have a very extensive scouting staff," Colangelo told reporters. "We had a good pulse and a good feel for all of them. That's why we had so much intel on Timothe as well as Furkan. It helps when you've got the right people doing the right things in terms of that scouting process.

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Hours: M-F 8:30-3:30p.m. Sat: 10-2p.m.
**267-275-1717** www.dollarsforstrips.com

## SERVICES

**CA$H PAID**
FOR DIABETIC TEST STRIPS!
ABSOLUTE TOP VALUE
MOST BRANDS ACCEPTED
PAY UP TO $50 PER BOX
WE PICK UP
Call James 610-453-2525

**Mitchell Test Strips INC**
We buy Diabetic Test Strips
We pay the highest prices
GUARANTEED • We will pick up.
**CALL #215.820.4312**

## CARS

### Vehicles Wanted

WE BUY CARS & TRUCKS
(any condition)
**$100--$5000**
CASH PAID
FREE TOWING
SAME DAY PICKUP
**267-229-1970**

**WE BUY JUNK CARS!**
Top dollar paid in CASH!
Free pickup!
**Call: 609-851-2980 or 215-429-8336**

**$$$ UP TO $1100.00 $$$**
For Cars w/Bad Engines
w/ or w/out title
**500.00 CASH $$$**
For Any Junk Cars or Trucks
**215-669-1000**

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BUSINESS OPPORTUNITY
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Northeast Philadelphia Area
**215-317-2803**

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### Real Estate for Sale

***House For Sale***
**$529.85 a month**
3 Bedrooms, Excellent condition
***Nick's Real Estate***
**(215) 425-3500**

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**$0 DOWN!**
FAIR CREDIT ACCEPTED
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**WE BUY UGLY HOUSES.®**
HOMEVESTORS
AMERICA'S #1 HOME BUYER
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APARTMENTS AVAILABLE NOW!
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Heat, gas, & water included.
$550-$810
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CASH FOR DIABETES TEST STRIPS
- Up to $35/box!
Payment Mode SAME-DAY We Receive Your Strips!
Call Jenni for a Quote Today!
800-413-3479
www.CashForYourTestStrips.com.

**NEED CASH?**
$ BUYING Diabetic Test Strips, Nicotine Patches/Gum PAYING up to $50/Box $
**215-425-7897**
**Drop off at 1802 E. Allegheny Ave. Phila**

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**WANNA HAVE FUN? CALL 215 CHAT NOW**
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**TRY IT FREE! 800-HOT-MILF**
(486-6453)
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(726-8437)
LD Rates Apply 18+

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**DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.**

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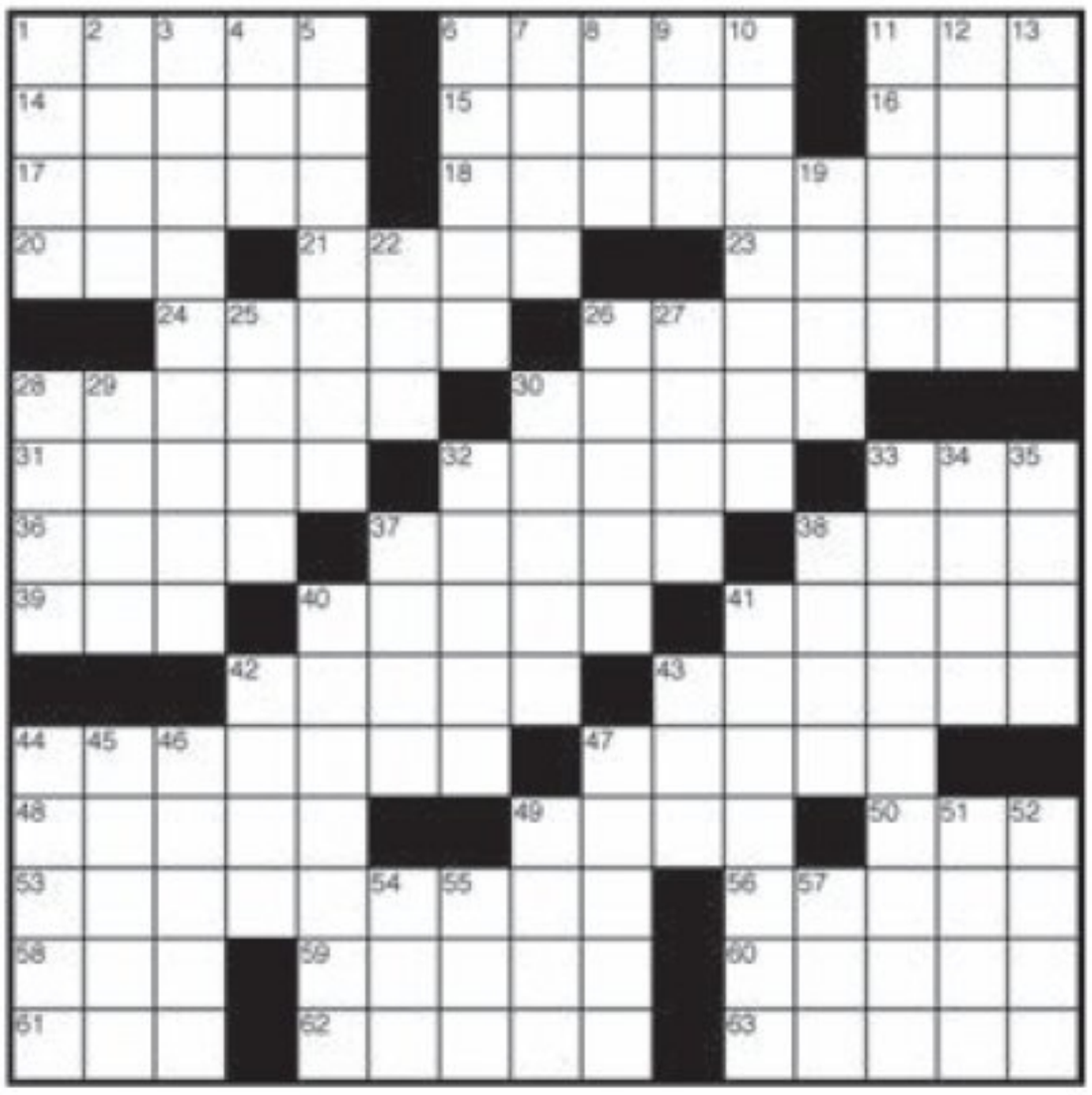
# metro.us/crossword



**Across**

1 Mural base
6 — pie
11 Like some raps
14 Something else
15 Pull – —one
16 Sooner than
17 Valuable viol.
18 Ancient navigational aid (2 wds.)
20 "Bali —"
21 Diner sign
23 — — costs
24 Is and was
26 Polish
28 Meshes, basically
30 Snake juice
31 Steered a raft
32 Galahad's quest
33 Apply a patch
36 Floors
37 Raise, as voltage
38 Blue Triangle org.
39 Modicum
40 Artificial person
41 Ice skating event
42 Polite address
43 Arrive (2 wds.)
44 Rummaged for food
47 Monster
48 On — — (riding high)
49 Desert dweller
50 Pasture
53 Mug (3 wds.)
56 Looks like a lecher
58 Riviera summer
59 When pigs fly
60 Talk-show host
61 "— Rosenkavalier"
62 Garbo or Bergman
63 Smart-mouthed

**Down**

1 Mild oath
2 Sundance Kid's girl
3 Like a mummy, perhaps
4 Mermaid's domain
5 Bought by mail
6 Tilts
7 ETs' craft
8 Roofer's gunk
9 Hobby ender
10 Rubbing alcohol
11 Alpha followers
12 Where Asia begins
13 Mr. Haggard
19 Pipe part
22 Sit-up targets
25 Festive nights
26 Abundant meal
27 No future — —
28 Gaiter
29 Plains state
30 Indy 500 sound
32 Mold (2 wds.)
33 Crooks
34 Linen color
35 Hornet kin
37 Be an omen of
38 Tall tale
40 Roomy sleeves
41 Sand-painting people
42 — bonding
43 Aunt, in Madrid
44 Well-known
45 Spout rhetoric
46 Weatherman Al —
47 Jacques, in song
49 Made top honors
51 Geologic time divisions
52 Like a hearth
54 Small number
55 Gladiator's hello
57 Clean water org.

metro.us/games

# metro.us/sudoku

**easy**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 7 | 6 | 5 | | | 2 | | |
| | | | | | 2 | | 9 | 6 |
| | | 4 | | 8 | 6 | | | |
| | | 2 | 7 | | | | | 8 |
| 9 | | | | | | | | 1 |
| 6 | | | | | 8 | 9 | | |
| | | | 9 | 1 | | 8 | | |
| 3 | 2 | | 8 | | | | | |
| | | 9 | | | 3 | 6 | 1 | 4 |

**hard**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 7 | | | | 8 | | 6 | |
| | | | 1 | 3 | 6 | | | 8 |
| | | | 4 | | | | | 5 |
| | | 2 | | 4 | | 8 | 9 | |
| | 8 | | | | | | 5 | |
| | 1 | 9 | | 7 | | 6 | | |
| 9 | | | | | 4 | | | |
| 5 | | | 9 | 6 | 3 | | | |
| | 3 | | 5 | | | | 4 | 9 |

# metro.us/horoscopes

**Aries** You can make changes, but don't force them on those around you. Problems developing with a friend, children or a partner are likely to surface.

**Taurus** Learn from past mistakes. Make favorable changes to the way you live your life. Fix up your living space. A dedicated workspace will help you be more productive.

**Gemini** Finish what you start and take care of your responsibilities before someone complains. Stick to your budget and make sure your ideas are doable before you present your plans.

**Cancer** Don't worry about who is and who isn't in favor of your plans. Just do your own thing, and be proud of what you have achieved when you're finished.

**Leo** Make time to deal with the concerns of children or older people. Conversations will help you find suitable solutions. Help bring about positive changes at home.

**Virgo** If you express your plans regarding investments, you will be offered some interesting alternatives. Someone will help you do the legwork to investigate the validity of a deal.

**Libra** What you do will far exceed everyone's expectations, once you get started. Step up to the plate and get moving before someone labels you as a procrastinator.

**Scorpio** Protect your health and physical well-being. Use your head and figure out each step of your plan before you move forward. A change at home will be to your benefit.

**Sagittarius** Network, discuss your plans and flirt with the possibility of turning one of your ideas into something profitable. Expect to face emotional interference.

**Capricorn** Problems will arise if someone tries to talk you into something that has too many risks. Don't let love tempt you to give in to emotional manipulation.

**Aquarius** You'll have trouble when it comes to frivolous spending. At the end of the day, you will be lacking funds and dissatisfied with what you got for your money.

**Pisces** Use your creative imagination and you'll come up with a moneymaking plan. Put a little muscle behind your ideas and present what you have to offer. EUGENIA LAST

## Yesterday's answers

Can't wait until tomorrow to check your answers? Visit metro.us

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Certified Audit of Circulations CAC

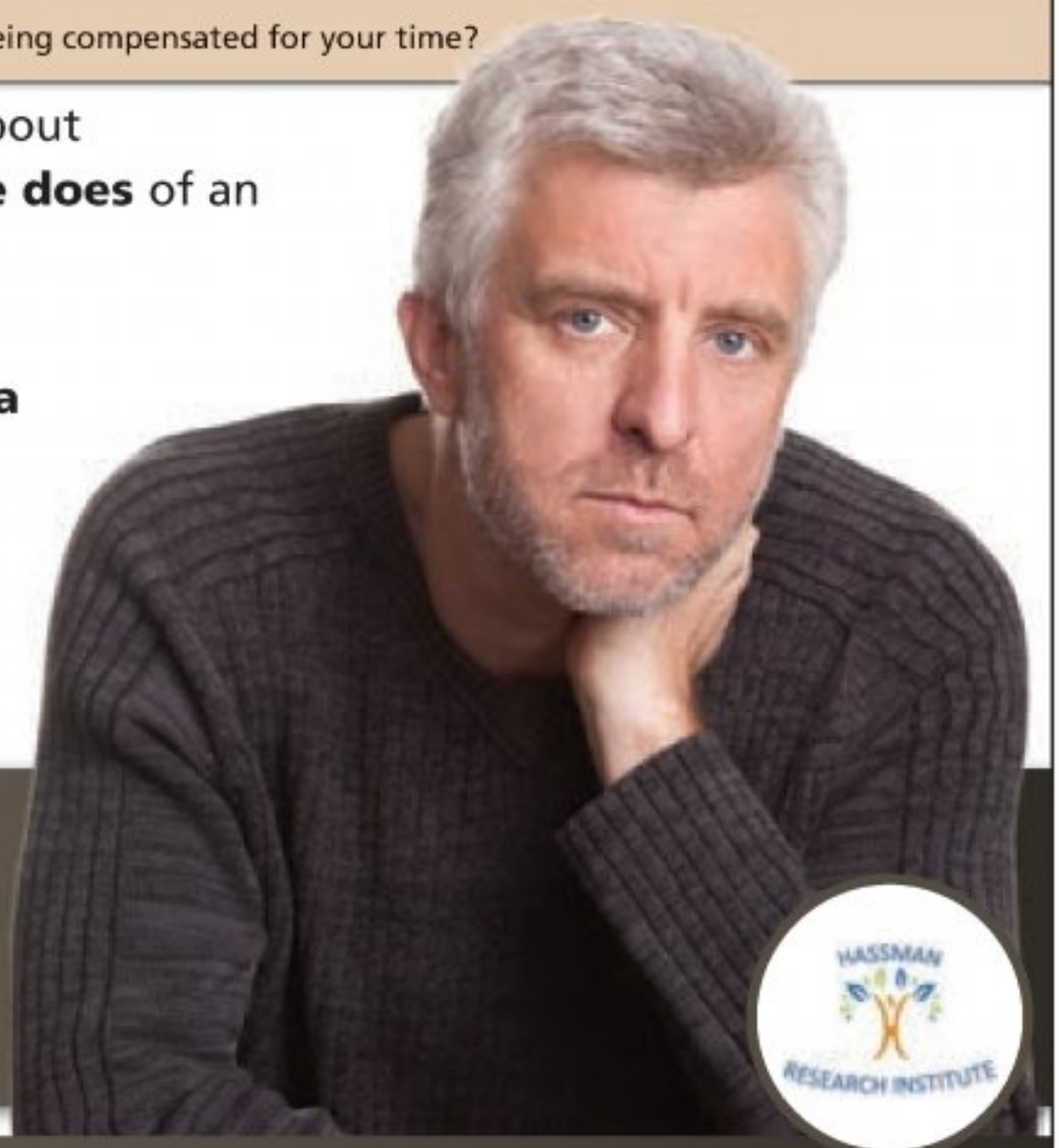
# Attention adults with **moderate** to **serve** Liver Disease

Would you like an opportunity to help **advance medical research** while being compensated for your time?

If so, please contact the **Hassman Research Institute** about participating in a **research study** requiring a **single does** of an **investigational drug.**

Those who qualify must:

- **Be 18 years of age or older**
- **Be available for a 48 hour stay in our clinic**
- **Have moderate to serve liver disease, including but not limited to:**
  - Liver failure (idiopathic)
  - Cirrhosis
  - Decompensated Hepatitis C
  - Cancer




- **Insurance is not required to participate, and all study-related care and study medications are provided at no charge.**
- **Transportation and compensation up to $1,450 for time and travel may be available.**

**For more information, call toll-free 1-866-427-2635 or visit HRITrials.com**

## Hassman Research Institute is awaiting your RSVP

We invite your **Research Study Volunteer Participation** in a research study if you have any of these medical conditions:

- ☐ **Acne**
- ☐ **Addiction**
- ☐ **Adolescent Depression**
- ☐ **Alzheimer's Disease**
- ☐ **Bipolar Disorder**
- ☐ **Depression**
- ☐ **Eczema**
- ☐ **Healthy Adults**
- ☐ **High Cholesterol**
- ☐ **Low Back Pain**
- ☐ **Kidney Disease**
- ☐ **Liver Disease**
- ☐ **Migraines**
- ☐ **Schizophrenia**
- ☐ **Suboxone Maintenance**

- Insurance is ***not required*** to participate in our studies, and all study-related care and study medications are provided at no charge.
- Compensation for ***time*** and ***travel*** expenses of between $300 and $5,600 may be available depending on the study.
- Transportation may be available.

FOR MORE INFORMATION, CALL TOLL-FREE

**877.227.8948** OR VISIT **HRITRIALS.COM**

HASSMAN RESEARCH INSTITUTE

www.metro.us